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# GUIDE

## TEA DRINKERS:

BY

A Member of the Pekin Tea Company.

"Thus our Tea conversations we employ,  
When, with delight, instructions we enjoy,  
Quaffing, without the waste of time and wealth,  
The sovereign drink of pleasure and of health."—TATE.



NEW YORK:  
PUBLISHED BY THE PEKIN TEA COMPANY,  
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THE DRYER

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## PREFACE.



HAVING taken a deep interest for some years past in the subject of Tea, not merely as an article of commerce, but from a botanical love of the plant, I have given much pains to the looking-up of authorities on its history and cultivation in China, and its gradual introduction into such general use both in Europe and America.

The results of some industry, and much reflection, have been hastily thrown together in the following pages, to which the attention of the reader is called, not for any merits of style, to which I can make no pretensions whatever, but as likely, peradventure, to contain some information, that may be relied upon as correct, if not entirely novel; and perhaps entertaining, if not really instructive. It only remains to add, that I lay no claim to originality in my remarks, but shall freely draw upon the observations of others,

wherever I find them either just or striking. It is, of all others, a subject where knowledge must be borrowed from the discoveries of travellers, and the inquiries of the curious.

A MEMBER OF THE PEKIN TEA COMPANY.

*New York, Feb., 1845.*

# TEA:

## ITS EFFECTS, MORAL AND MEDICINAL, &c.

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To write an essay on Tea would be a work of far too great importance for us to aspire to. It would require an amount of research, and a closeness of study, that would better suit the student than the man of trade. The historical, botanical, and medical questions involved in this curious subject, we leave therefore to the erudite, whilst our disjointed remarks shall be confined to a more limited view in a merely popular form, that all may read and understand, if not learn therefrom. Tea-drinking, in this country, has received a great impetus of late years, from the happy spread of temperance principles which have now quite overrun the land, leaving in its train a multitude of blessings and benefits, such as no moral reform has ever in the history of man produced. The simple, healthy beverage of Tea, is now in thousands of instances substituted for intoxicating drinks that only madden and destroy; and it would be a curious and interesting inquiry to learn all the untold advantages

of the change. There is not a doubt that Tea-drinking is singularly adapted to our climate and temperament. The Americans are constitutionally sanguine and excitable; and common sense clearly indicates that, for such a class, those drinks only should be indulged in that are simple and innoxious. The scorching heat of our summers, and the stimulating atmosphere of our winters, alike forbid to the wise the use of fermented and distilled liquors,\* and, certainly, in the whole range of beverages there is none so harmless and so sanatory as that of Tea. Its medicinal and moral effects alone would fill a volume; but the latter are too apparent to call for any notice from us, and in support of the former we will cite at the close the opinions of various distinguished physicians as conclusive on this point. Its physical and social properties are equally remarkable, and may be seen alike in the admitted superiority of the Chinese in personal strength and capacity of enduring fatigue

\* The necessity and wisdom of adapting the common drink to the character of the climate, may be seen in the customs of other nations. In all the eastern countries the mildest fluids are drunk. Tea in China; Rice-water in India; Sherbet in Turkey; Coffee in Africa, and in the Tropics various delightful drinks are made of their fruits. Even in Russia, where the intense cold of two thirds of the year might seem a pretext for alcoholic liquors, Tea is universally drunk by all classes, down to the very serfs. In England, where the extreme moisture of the climate would allow the moderate use of fermented drinks, the increased consumption of Tea there proves conclusively that its virtues are fully appreciated.



over the people of western climes, as in the politeness of their manners, and the affectionate nature of their domestic intercourse.

CHINESE AGRICULTURE—FABULOUS HISTORY OF TEA, RICHEST PROVINCES, BEST SOIL, CLIMATE, ETC. ETC.

From the abundant evidence of all travellers we learn that the Chinese are greatly advanced in their knowledge of agriculture. Their vast population alone would require extreme attention to this important pursuit, but their native industry and great advantages of soil and climate call forth their energies in an unexampled degree. Their implements, too, are said to be as various and as skilfully contrived as our own; and probably England herself, with all the aid of superior science, could not surpass them in agricultural productiveness. In manuring, and irrigation especially, they are said to excel, and the perfection to which they carry their cultivation may be gathered from the remarks of a distinguished author, who lately said, “a Chinaman keeps his field in better order than his house.” Among such a people it may be supposed the rearing of the Tea-tree must be attended to with the most complete success.\* Other coun-

\* At this time great exertions are making in Assam to cultivate the Tea-plant. It grows, they assert, indigenously in this province of India, and all that English science and capital can do to bring it forward to lucrative cultivation will doubtless be done. In Java, too, the Dutch have experi-

tries have essayed it, but thus far the glory and the profit of the growth of this valuable plant is reserved alone for the Chinese. Attached themselves to the infusion furnished by the leaves, they give great care to points connected with it. The origin of its employment as a beverage is wrapped in complete obscurity, but a fabulous tale is narrated which has very general credence among even the better informed inhabitants of the empire. The story is thus given by a Chinese historian. "Darma, the son of an Indian king, is said to have landed in China in the year 510 of the Christian era. He employed all his care and time to spread through the country a knowledge of God and religion, and to stimulate others by his example, imposed on himself privations of every kind, living in the open air in fasting and prayer. On one occasion being worn-out with fatigue, he fell asleep against his will, and that he might thereafter observe his oath, which he had thus violated, he cut off his eyelids, and threw them on the ground. The next day in passing the same way he found them changed to a shrub, which the earth had never before produced. Having eaten some of its leaves he felt his spirits exhilarated, and his strength restored. He recommended this aliment to his disciples and followers. The reputation of Tea increased, and mented carefully in the production of Tea, and some of it has been exported to Holland. In France its cultivation was once attempted, but quickly abandoned.



from that time it continued to be generally used." Kampfer gives the life and a portrait of this Saint celebrated in China and Japan. Whatever may be the faith of our readers in this oriental story, certain it is, that from the earliest records we have of China, we find Tea to be a universal favorite, and the custom of drinking it has been handed down from generation to generation, till it has become indispensable to the rich, and a great desideratum to the poor. The consumption of Tea in a single Chinese family must be very great, as they keep it always prepared in an apparatus for the purpose, and are sipping it the whole day through. The Tea-plant is certainly indigenous in many of the provinces of China, and in various situations it serves in the fields as a hedge-shrub, but there are particular localities in which neither labor, nor skill, nor ingenuity, are spared to bring it to a state of the highest perfection. That which is best known in the European and American markets, and which indeed seems grown for their supply, is the produce of the central and maritime provinces forming the richest and finest portions of the empire. The demand for exportation has naturally increased its cultivation, and it is now reared in many situations, where formerly it was entirely unknown. The provinces of *Fokien*, of *Keang-nan*, of *Chekeang*, of *Kiang-si*, and *Kung-soo*, yield the largest production, but the provinces immediately around *Pekin* afford by far the choicest supplies, and always

the highest prized by all true *amateurs* of Tea. It is from these luxurious districts that the Pekin Tea Company have spared no pains nor expense to collect the fullest and greatest varieties exported to this, or any market.

It is observed that the plant does not flourish equally as well in all situations, and great judgment is requisite for the selection of the best. Its perfection does not altogether depend upon temperature or climate, for the winters in China are severer than those in corresponding latitudes in Europe. Cold is predominant during the months of October, November, December, January, February, and March, during which the winds are mostly from the north. In the remaining months the wind is from the south, with mild pleasant breezes. The rain falls pretty equally throughout the year, and the moisture of the climate is generally moderate. It is found that Tea is best produced over an extent of country where the mean temperature ranges from  $73^{\circ}$  to  $54^{\circ} 5'$  Fahrenheit, and that it is cultivated in the highest perfection where the variation is confined to from  $54^{\circ}$  to  $64^{\circ}$ . A gravelly soil on the sides of hills, with a southern exposure, is decided to be the most favorable locality.

APPEARANCE OF TEA-TREES—GREEN AND BLACK  
TEA—CARE IN PLANTING AND PICKING—THEIR  
CROPS, &c., &c.

Sir George Staunton, who accompanied the embassy of Lord Macartney to Peking, thus speaks of the Tea-tree. "On the sides and tops of earthen embankments, dividing the garden grounds and groves of oranges, the Tea-plant was, for the first time, seen growing like a common shrub, scattered carelessly about. The plant is an evergreen, growing to the height of 5 or 6 feet, and if left to itself, would grow much higher." And all travellers concur in saying that it is a beautiful shrub, having some resemblance to the myrtle, and bears a yellow flower which is exceedingly fragrant.\* Few questions have been more agitated, and less satisfactorily solved, than whether there be two species of *Thea* (the botanical name), from the one of which is exclusively

\* La Comte gives some account of the Tea-plant, saying that it is not more than 5 or 6 feet high, with several stalks, each of which was an inch thick, joined together and divided at the top into many small branches, composing a kind of cluster, like our myrtle. The trunk, though seemingly dry, bore very green branches and leaves. The bark of the tree is of a chestnut color toward the top, and of an ash color below. The branches are numerous, slender, and of different sizes. The leaves are very glossy, and terminate in a sharp point. A great number of flowers cover the branches, which bear a resemblance to the wild rose.

obtained the Green Tea, and from the other the Black, or whether there be not many varieties, from which, according to the mode of preparation, either of the Teas may be obtained. A distinguished authority, Dr. Lettsom, thinks "there is only one species of the plant ; the difference of Green and Black Tea depending on the nature of the soil, and the culture and manner of drying the leaves." It has even been observed, that a Green Tea-tree planted in a Bohea country will produce a Bohea Tea, and so the contrary. The great Linnæus, however, is of a different opinion, and thinks the Teas are produced by two distinct species. Mr. Crawford, a competent English judge, says ; "The Tea is known to be botanically one species ; so is the vine, which furnishes almost a complete parallel." Others might be quoted, but nearly all those who have resided in China believe that there is but one shrub, which is the exclusive source of all the varieties and shades of the Tea of commerce.\* One thing is very clear, that the places which produce fine Teas are, like the spots which grow fine wines, extremely limited, but those yielding coarser Teas are widely spread.

The Tea-planter, too, must exercise the greatest

\* No less than four of the greatest authorities on all matters connected with China, namely, Lettsom, Phipps, Davis, and Clark Abel, all unite in saying, "that there is but one species of the Tea-tree, and the difference in Tea arises from the mode of curing, the difference of season, and the superiority of soil."

care to bring his produce to perfection. He must not only understand agriculture, but must be acquainted with the laws that govern vegetable life; he must know the precise moment at which the leaves are imbued with their richest juice; he must judge when they are to be gathered for the delicacy of their flavor, and when for that coarser taste which suits the various palates of his customers. In picking he must be cautious not to injure the crop in early spring, and thus prevent the development of the second and third gatherings which, though not of equal value, are of much importance to him. At the proper period for the commencement of planting, the ground is dressed with great care, most probably according to the custom of each particular cultivator, as we find to be the case with other plantations. Any number of seeds suitable to the soil, not usually less than six, nor more than sixteen, contained in their capsules, are put into a hole four or five inches in the ground, at certain distances from each other: they are then allowed to vegetate by some without any further care; by others the greatest attention is paid to the removal of weeds, the manuring and irrigation of the land. When the shrub has grown about three years, the leaves are ready for picking. This is done with the greatest care: they are not plucked by handfuls, but each leaf separately. They are thus enabled, though the process is tedious, to collect about fifteen pounds a-day. The following account



of a Tea-farm which supplies the imperial family is curious.

“The plantation is inclosed with hedges, and likewise surrounded with a broad ditch for further security. The trees are planted to form regular rows with intervening walks. Persons are appointed to superintend the place, and preserve the leaves from injury and dirt. The laborers who are to gather them, for some weeks before they begin, abstain from every kind of gross food, or whatever might endanger communicating any ill flavor: they pluck them, also, with no less delicacy, having on thin gloves.” It would seem, therefore, that great attention is paid to the diet of the husbandman during the Tea-harvest. It is avowed by some writers that virgins are often employed to gather the leaves for the chief families, though of course less pains are taken with the commoner kinds of Tea.\*

The commencement of the leaf-gathering takes place in the early spring: and then different crops are obtained during the summer. Scarcely, in the first instance, has the leaf attained its growth, and whilst it is yet budding into life, than the picking begins, and the Tea will be fine in proportion to the tender age of the leaf, as the most agreeable *aroma* and the most delicious flavor are then obtained from

\* “*Gemmæ quæ nascuntur in summitate arbusculæ servantur ‘Imperatori,’ ac præcipuis ejus dynastis; quæ autem infra nascuntur ad latera, populo conceduntur.*”

it. A soft white down covers the first leaflets, which is called, in the Chinese Language, *Pa-ho*, and hence our name *Pekoe*, the most exquisitely flavored of all the Teas we are acquainted with. Trees, until they reach their sixth year, furnish this rare Tea. A few days' longer growth supplies us with the *black-leaf Pekoe*. In the month of May, the leaves that have grown since the first gathering, having arrived at maturity, are stripped from the trees : these form the *Souchong-Seaouchoung*—the “small or scarce sort.” About six weeks after this, there is a third gathering of the new crop thrown out, and from the Chinese words *Koong-fou*, signifying labor or assiduity, springs our term *Congou*. From this a particular part is selected, called *Kien-poey*, which is known to us under the name of *Cam-poy*. The Tea familiar to us under the appellation of *Bohea*, is the produce of the district from which it derives its name ; it is a rough preparation of later-grown leaves, which yields a beverage of little strength, and of inferior flavor.

Green Teas undergo the same kind of harvest. From the tender leaflets is produced *Hyson*, and a very expensive kind, *Loontsing*, is more particularly prized. It was called *yutsein*, “before the rains,” and *Hyson* is a corruption from “flowery spring.” The *Gunpowder* is a *Hyson* gathered with great attention, and rolled with much nicety and care ; indeed, it would seem to be a collection of the more delicate leaves. The coarser and yellower leaves re-

maining after this selection, are called *Hyson Skin*. The last gathered crop is the *Twankay*, and consists of an older leaf, in which less attention is paid to manipulations.

#### THE MANUFACTURE OF TEA.

When the leaves have been picked, they are left in large bamboo baskets exposed to the sun, being only occasionally stirred. After two or three hours, the peasants take the baskets into the house, and in the course of half an hour a series of manipulations commence, during which the manufacturer, at intervals of an hour, rolls the leaves three or four times between his fingers until they have become as soft as leather. When this operation is concluded, they are ready for the application of heat, for the purpose of drying and rendering them crisp. The temperature is adjusted according to the delicacy of the particular leaf, and all the apparatus is regulated with the utmost nicety. The ordinary process is to place about two pounds of Tea in a hot cast-iron pan, fixed in a small circular mud fire-place, heated by a fire of straw or of bamboo. The leaves are briskly agitated with the naked hand, to prevent their being burnt, and that each may have its due exposure to the proper action of the heat. When they have become sufficiently hot, they are placed in a closely worked bamboo basket, and thrown from it on a table, where they are distributed into two parcels. Another set of mani-

pulators roll them into balls with great gentleness and caution, and by a peculiar mode of handling them, express any juice they may contain. The leaves after this are again taken back to the hot pans, again turned with the naked hand, and when heated, again removed. They are then spread on a sieve, rolled again, and then exposed to the action of heat, the whole being placed over a charcoal fire; during this stage, great care is necessary lest any smoke should affect the Tea. In all the varied changes from basket to basket, and they sometimes undergo many, attention is paid lest any receiver should ever be placed on the ground. The number of exposures to the action of the fire is sometimes very great, and an examination takes place from time to time, to ascertain the state to which the leaves have arrived. When they become crisp, and are easily broken, they are removed from the fire, allowed to cool, and the process again commenced, until the experienced manufacturer is fully satisfied with the condition, and the proper appearance of the Tea.

#### VARIOUS CLASSES OF TEAS AND THEIR DIFFERENT QUALITIES, ETC., ETC.

*Bohea* is the name of a district in China, celebrated for the growth of Black Tea, and it is there generally applied to the varieties of Black Tea brought from that particular part of the country; but in England, formerly, this appellation was given to all

Black Teas imported, whilst now it is only applied there, as here, to the lowest grade of Black Tea. The Bohea is easily recognized by Tea-dealers, by its presenting a mixture of large leaves and small, with a considerable quantity of pieces, either so much broken or crushed as to resemble dust. The color is a darkish brown; the best is of a smaller size, and a blacker hue; there is occasionally a tinge of green at the edges; those that are yellow are not good. A quantity of stalks may be found amongst it. The *aroma* is very faint, and where this is the case, it is rarely good. It usually has a bitter taste, and requires much milk and sugar. This Tea is not much drank here, for the people generally are improving in their knowledge of good Tea, and the odious and dangerous *mixtures* which have heretofore sold so extensively, are diminishing very fast. This is one of that class of Teas bought up very cheaply in the towns, and retailed at double and triple the price in the country.\*

*Cong-gou* or *Cong fou* is a superior kind of Bohea; the leaves are gathered from the shrub somewhat

\* Purchasers should be cautious what kind of Teas they buy, since many deleterious mixtures, made chiefly of the refuse of bad leaves, and colored over with *poisonous* substances, are daily and largely disposed of, and defy detection which sold out of canisters. Teas done up in packages are usually of better quality, but retailers are compelled to mix largely, since their honest profits are small, and their cunning must, therefore, be great in order to sustain themselves.



earlier; or it may be, occasionally, a selection from the best Bohea. It does not yield so high a color to water as Bohea, a pale amber being the general result; the leaf has a blacker appearance, should feel crisp, and be crumbled; its smell is agreeable when good, and when indifferent, it has a heated smell, and a faint and unpleasant taste. Much of these qualities will depend upon the selection. There are three varieties known to the trade—Congou, Campoi Congou, An-Koy Congou. The Campoi has an agreeable violet smell, and is remarkable for its pleasant flavor. It greatly resembles *Souchong*, and is sold by many Tea-dealers for it. Much pains have been taken by the inhabitants of the district of *An-Koy* to cultivate good Tea, but a prejudice prevails against it, and not much of it is sold. Congou is largely consumed in England; but that which is retailed is mostly mixed with Bohea, to swell the profits.

*Souchong*.—*Seon-chung*, the small kind, is a good tea, well flavored, and supposed to be somewhat of a higher quality than the best Congou. It is said to be very carefully dried; it is crisper and drier than the other Black Teas; its smell is more fragrant, and it is a little rough to the palate. It forms a good infusion of a high amber color, and the leaves change to a reddish brown. There are two other kinds of *Souchong* which do not generally find their way into the market—the *Caper Souchong* and the *Padre Sou-*

chong, or Pou-chong. The former has obtained its name from the leaf being rolled up so as to resemble the *caper*, but the latter is more highly flavored. It bears the sea voyage badly, and what comes to this country is usually brought as "presents." It is sometimes imported, but of very inferior quality.

The Pekoe, or Pa-ho, is the most valuable of the Black Teas, and although it may be collected at all ages, yet the Tea-tree of three years' standing yields the best. It should be gathered as soon as the leaves are developed, and this is the tenderest quality. The more flowers found among the leaves, the better is the sort. Its flavor is very agreeable, but it is, if anything, rather too strongly marked.

The Green Teas familiar to us, are *Hyson*, *Hyson-Skin*, *Gunpowder*, *Singlo* and *Twankay*. The *Hyson* is the best crop of the Green Tea-plant; it has a fine blooming appearance, the leaf is small and well rolled up, but on infusion, it opens clear and smooth; should it be shrivelled up, it is not good; it is dry and crisp, and crumbles easily; it imparts a green tinge to water, which acquires a strong pungent taste, yielding an agreeable odor.

The *Hyson-Skin* is a selection from the best *Hyson* of those leaves which are not so strikingly good. It has a brassy taste, without the fine *aroma* of *Hyson*, nor has it the same external characteristics—there is very little bloom.

The *Gunpowder*, on the other hand, is a selection

from the Hyson, of the very best leaves that are found ; these are rolled up into firm, hard balls, which resemble small pearls. This Tea is of exquisite flavor, and the drinkers of Green Tea prefer it to all others. The slightest exposure to air, however, or even the action of the breath, quickly dissipates that subtle *aroma*, which is one of its finest characteristics. Adulterations of this Tea have been so common, both in England and in this country, that the amateur of this variety is seldom satisfied that he is drinking it in all its purity. Indeed, such are the impositions practised with regard to it, that it is sometimes advertised for sale *at a less price* than it can be purchased at Canton.

*Singlo* and *Twunkay* are the best gatherings of the Green Tea during the summer season, of which the latter is considered the best. There are many different sorts of both these Teas.\*

As a general remark, it may be said that none of the Green Teas are so uniform in their characteristics

\* There are many fine Teas which never come to this country at all, or only in shape of "presents." Among which may be mentioned the *Lootzing Pekoe*, the *Soumlo*, the *Mandarin Tea*, *Hing Yong*, *Hing Huley*. There are also various Teas of various qualities which are brought to the Canton market, and which are yet unknown amongst us ; for instance *Quongson*, *Heeh ke*, *Re*, *Cheeur*, *Sing Ree*, *Quang Tay*, *Quang Fat*, *Quang Jack*, *Ka Kee*, *Cheene Chunn*, *Wa Chunn*, *Yong Cheene*, &c. &c. It is said there are recognized amongst the Chinese as many as 2000 different chops.

as the Black. They are much more easily affected by the variations of temperature, season, and soil. The Chinese themselves rarely drink Green Teas, and these only the produce of particular farms, which have obtained a high character. The leaves of all of them are much more liable to be changed by the action of atmospheric air, and very speedily lose that beautiful bloom, which, amongst experienced Tea-drinkers, is greatly valued.

In corroboration of the fact that little Green Tea is drank in China, may be cited the evidence of Mr. John Crawford, before a committee of the English Parliament, who declared that "the Teas consumed by the nation of China are universally Black." Another writer, discussing the point of Green and Black Tea-plants being identical, remarks,—"*If it be true, as all authorities agree in stating, that the Chinese never drink Green Tea, and if the Green Tea-plants differ in species, and do not produce Black Tea, they must have been useless to the Chinese, until the Europeans, in the 17th century, commenced purchasing Green Tea.*"

## ADDENDA.

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WE stated, at the beginning, our intention to cite the opinions of some learned medical authorities in favor of this harmless and wholesome beverage of Tea. We believe that much yet remains to be said on the subject by those who may hereafter give it their close attention. It is not merely the business of the good physician to restore health, but to indicate the means to preserve it; and we wonder somewhat that there exist so few works containing the observations of experience and reflection on this point. It will be allowed universally that our diet more immediately affects our health than any other cause, and of all varieties of aliment, the habitual beverage we employ exerts the greatest influence on our system for better or worse, as the nature of it is good or bad. The more simple the fluid man takes as his daily drink, the greater will be its facility of digestion, and of conversion into the component parts



of the human system. There are many sound objections which may be urged against the common use of water as a drink, for, besides its insipidity, there are circumstances which render it unpalatable and often unhealthy. There are many districts and cities that cannot furnish good water for drinking, as well from the minerals held in solution in it, as from the minute *ova* of plants and animals existing in the most extraordinary quantities. In a single drop of water we discover, by the aid of the microscope, myriads of forms of living things that are enough to try the resolution of the most inveterate "tetotaler;" but when once boiled, it is freed from all these noxious impurities. Boiled water by itself, however healthy, is certainly a most insipid drink, and it becomes a question, with what other substance it may be mixed to form a beverage both wholesome and agreeable. It begins to be admitted that coffee is not such an one, for this drink is often very hurtful to the system. Excitement follows upon its use; long watchfulness and a feverish re-action are the immediate results, whilst its more remote ones act upon the capillary vessels of the body, which it seems to constrict, affecting the skin; and *it has been affirmed to impair its color*. More than one medical author has ascribed to its influence the sallow skins of the French, who use the strongest infusions, and in immoderate quantities. Other authors declare that "paralytic affections and general debility follow

its use." No such catalogue of alarming ills, however, is established against the sanative and refreshing Tea-drink. This may be fully indulged in, even to any extent, without the smallest harm ensuing. The Chinese and Russians are living examples of the fact, for in both countries there are many persons who drink one hundred cups within the twenty-four hours. All classes may drink with safety and benefit. The lawyer, the clergyman, the merchant, the student, the mechanic and the shop-keeper, may drink deep at this grateful fount, without affecting health or disturbing their pursuits, for no beverage ever introduced sits so agreeably on the stomach, so refreshes the system, soothing nervous irritation after fatigue, and forming a delightful repast.

Without going so far as *Nicolas Talpius*, the first medical author we can find who wrote upon TEA, nor yet extracting from the enthusiastic praises of *Cornelio Boukoe*, whose remarkable book created such a sensation in 1678, we shall content ourselves, and satisfy, we hope, our readers, with quotations here and there from the different authorities we have consulted. One of them remarks—"As a simple and salutary diluent no fluid is to be compared with the infusion of Tea. Although milk, porridge, gruel, broth, cocoa, coffee, infusion of sage, of balm, of juniper-berries, of aniseed, of fennel, of hay, of coriander, of betony, of rosemary, of ginger, and even of sugar and water, have all had their advocates, and

have all been tried, they none of them form so grateful and useful a diluent with the ordinary meal—and none of them are so uniformly agreeable ; and though there may be peculiar idiosyncrasies with which it may not entirely agree, yet it is innocent beyond all other drinks with which we are acquainted.” Another, speaking of warm drinks, says—“ The warmth conveyed to the stomach of man by Tea-drinking, at his various meals, becomes essential to him, nor would the crystal stream of the poet suffice for the healthy powers of digestion in the artificial state of existence in which we are placed.” The same author recommends it strongly “ after exercise, dancing, &c., when Tea is most grateful, and at the same time salutary.” A learned writer declares “ that Tea is particularly adapted for the ordinary beverage of young women, and the individual, who, until the day of her marriage, has never tasted wine, or any fermented liquor, is the one who is most likely to preserve her own health, and to fulfil the great end of her existence, the handing down to posterity a strong and well organized offspring.” Another states “ that there are some females upon whom Green Tea produces the same effect as *digitalis* or fox-glove ;” and it has been medicinally employed in the diseases for which that herb has obtained so high a reputation. Dr. Desbois has, by the use of it, cured numerous nervous diseases which have arisen from accelerated circulation.

Dr. Percival had an idea that Green Tea possessed nearly the same power as does *digitalis*, of controlling and abating motion of the heart.

We may properly introduce here an extract from the letter of a very intelligent Captain in the East India Company's service addressed to the Medico-Botanical Society of London, which is certainly worthy the most marked attention. He observes—  
 “There are two circumstances connected with the exemption of the Chinese from epidemics that have spread such devastation amongst the inhabitants of every corner of the globe, which have fallen particularly under my observation, and which I take the liberty of laying before you. The one is, that when in China during the year 1829, the *Influenza* prevailed to such an extent on board the ships in the fleet, and also among the Europeans at Canton, that scarcely one escaped the complaint. On board of one ship in particular, out of a crew of 136, no less than 120 were laid up with the epidemic at one time; yet neither then, nor up to the time of my last voyage to China, had a single Chinese that I could hear of, been attacked with Influenza, though, in the meantime, this epidemic had spread all over India and Europe, and crossing the Atlantic, had visited America. The other fact is, that although on each one of eight voyages I made to China, many of my crew had fallen a prey to Cholera, yet I have never heard of a Chinese being attacked with this fatal

epidemic. And this is the more remarkable from the crowded population of the country, subsisting, as they do often, on very unwholesome diet. As, then, the Chinese, with whom Tea is the *universal diluent*, have escaped diseases that other nations, and more particularly the coffee-drinking French, have suffered so much from, it may not be unworthy the attention of the learned members of the Medico-Botanical Society to consider whether Tea may not be regarded as the principal cause in this happy exemption from such fatal and wide-spreading maladies."

Dr. Sigmond says, "that Tea is the most agreeable and salutary diluent that has yet been introduced into Europe would appear from the general improvement that has followed upon its use, and although many plants have been tried as substitutes, none have succeeded in maintaining their character. The common sage, *salvia officinalis*; the wild marjoram, *origanum vulgare*; the wild gemander, *beonica chamædrys*; Mexican goose-foot, *chenopodium ambrosioides*; the common speedwell, *beonica officinalis*, &c., &c., all have been used in turn, but all have been abandoned for Tea, as of far superior efficacy.

A distinguished dietetic writer of England remarks, "a meal in the morning of Tea and of simple food will enable a man, with faculties unclouded, to pursue the varied walks of life, to receive or give instruction, to obtain that which he requires to make his home



peaceful and prosperous ; something light and nutritious is required to support his nervous energy during the hours of his occupation ; and at the close of the day, when his toils are over, he should take a repast of agreeable food duly mingled with wine, but diluted by Tea, to appease his appetite, nourish his body, and to induce sleep."

Dr. Thornton, in his *Herbal*, observes, " that it is impossible to enumerate all the good stomachic effects that are following the increasing consumption of Tea in England, of which the people seem to be fully convinced. Among all classes, but more especially amongst business men, where it is so necessary to preserve a steadiness of nerve through the day amid the intricate operations of trade, Tea is now substituted at the breakfast table for the more stimulating and disturbing coffee-drink, and the greatest benefits are derived from the change." We may add also, that the same well founded prejudice against coffee is beginning to prevail amongst us, and that good Tea is greatly preferred. Our best physicians are generally recommending the substitution of Tea for coffee, as far more promotive of good digestion.

We might go on citing many more distinguished authors on this curious and interesting subject, a great deal too much overlooked hitherto, but desist for the present, from an unwillingness to extend the limits of this brief production to, perhaps, a wearisome length. We will close with one more quotation

from a very able writer, whose *dicta* on Tea are beyond question—the celebrated Dr. Lettsom. He says that “the greatest care should be exercised by all Tea-drinkers in the selection and choice of their Teas, since a vast deal of worse than dirt is sold under the specious name of mixtures, or else got rid of in this way without its being so announced. The effects of bad Teas on the system are always deleterious and distressing, if not positively dangerous; amongst which may be more prominently classed, constriction of the chest, depression, craving, emptiness, sinking of the stomach, &c., &c. As the stomach is the centre of sympathy, so it is the first organ to which the *vis medicatrix* applies itself in its first moments of disordered action, and which it strenuously exerts itself to relieve. Again, whilst pure, good Teas, whether Green or Black, can be proved to exercise the most salutary and renovating effect on the system, so it has been found that all bad qualities and spurious mixtures are injurious in the highest degree, and the only guarantee against such is in the reputation of the Company vending them, and in the taste and judgment of the buyer.

We cannot but add our full approval of these sensible remarks, and hope they may direct the attention of all families to the necessity of employing great care in their purchases, for it is an undoubted fact, which we challenge any one to disprove, that many unprincipled Tea-dealers are in the daily habit of vending

the most worthless trash, slightly mixed with a rather better article, only in order to enhance the profits of their sales. Protection against such abominable practices can only be found in the caution of the buyer, and the character of the seller.

Great pains has been taken by the Pekin Tea Company to preserve the strength, flavor, and fragrance of their finest Teas, and for this purpose no vigilance nor expense has been spared to have them put up in the most careful and costly manner, with leaden covers, &c., &c. It is considered justly a *great* object by all experienced Tea-drinkers to enjoy the fragrance of this rare plant as well as the flavor of its infusion, and they are sustained in this, by the practice of the Chinese themselves, as will be seen in the following anecdote. A writer of a very amusing work on the Chinese, thus describes a "Tea Party" at Canton:—"At length we adjourned to the next room to take our Tea—the indispensable beginning and end of all visits among the Chinese. They presented it in porcelain cups with a saucer-like top, which prevents the *aroma* from evaporating. A few leaves were put in a cup, and boiling water poured over them, when the infusion exhaled a *delicious fragrance*, of which the best Teas carried to Europe or America *scarcely give an idea*." Though it may not be possible to preserve entirely its delicious fragrance, still by the manner the Teas of the P. T. C. are done up on the spot, much of it may be preserved, as will be found on trial.

# CATALOGUE OF TEAS

IMPORTED BY THE

## PEKIN TEA COMPANY,

And sold by wholesale and retail at their

TEA WAREHOUSE, 75 FULTON STREET, NEW YORK.

The Young Hyson Teas sold by the Company at 50 cents per pound and 75 cents per pound are as good or better articles than is usually sold by grocers and small dealers for 75 cents and \$1 per pound. In short the Company sell all their teas by the single pound at *wholesale* prices, and Grocers and small dealers have to pay by the chest the same prices that the Company sell at by the single pound, half pound, or quarter.

### BLACK TEAS.

POWCHONG, good, full flavor, - - - - 38

do. fine, - - - - 50

do. very superior, - - - - 75

SOUCHONG, good, - - - - 38

do. extra fine, - - - - 50

OOLONG, strong, flavor fine, - - - - 50

*Oolong*—This tea is a great favorite and gives universal satisfaction.

do. very fine, - - - - 62½

do. in 1 lb. and ½ lb. Cattys, extra fine, - - 75

NE PLUS ULTRA, - - - - 1 50

*Ne Plus Ultra*—This tea is as fragrant and sweet as a nosegay.

It yields a perfume that is truly delightful. It is of garden growth, and superior to anything of the kind ever sold in this country.

ENGLISH BREAKFAST TEA, very fine, - - - - 50

do. do. do. in 1 lb. and ½ lb. cattys, 62½

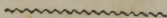
HOWQUA'S MIXTURE, a strong and rich black tea,

Pekoe flavor, - - - - 75

CONGO, good, - - - - 37½

do. very fine, - - - - 50

# GREEN TEAS.



|                           |   |   |   |   |      |
|---------------------------|---|---|---|---|------|
| YOUNG HYSON, sweet cargo, | - | - | - | - | 50   |
| do. do. do. do. finer,    | - | - | - | - | 62½  |
| do. do. fine cargo,       | - | - | - | - | 75   |
| do. do. extra fine,       | - | - | - | - | 87½  |
| do. do. Silver Leaf,      | - | - | - | - | 1 00 |

*Silver Leaf*—Seldom sold even by large dealers, because of the very small profits made on its sale. This is a very superior tea.

|                                                   |   |   |   |   |      |
|---------------------------------------------------|---|---|---|---|------|
| do. do. Golden Chop, Plantation or Garden growth, | - | - | - | - | 1 50 |
|---------------------------------------------------|---|---|---|---|------|

*Golden Chop*—This is the finest Green Tea cultivated in China. It is of the first pickings, and excels all other Green Teas for its delicacy of flavor, strength and aroma. Heretofore this tea has never reached this country, except in small lots, as presents to importers.

|                        |   |   |   |   |      |
|------------------------|---|---|---|---|------|
| HYSON,* very fine,     | - | - | - | - | 75   |
| do. Plantation growth, | - | - | - | - | 1 00 |

|                                               |   |   |   |   |      |
|-----------------------------------------------|---|---|---|---|------|
| GUNPOWDER, superior, (see note on next page), | - | - | - | - | 1 00 |
| do. small leaf, Plantation growth,            | - | - | - | - | 1 25 |

|                                                        |   |   |   |   |      |
|--------------------------------------------------------|---|---|---|---|------|
| IMPERIAL, brisk and fragrant, (see note on next page), | - | - | - | - | 1 00 |
| do. curious leaf, very superior,                       | - | - | - | - | 1 25 |

|                                |   |   |   |   |     |
|--------------------------------|---|---|---|---|-----|
| HYSON SKIN, good, fine flavor, | - | - | - | - | 38  |
| do. do. extra fine,            | - | - | - | - | 62½ |

\* CAUTION.—Large quantities of Hyson Skin are retailed in this market as being a Hyson tea. It is well worth while to compare the Hyson tea usually sold at 75 cents with the *genuine article* that the Company offer at the same price. The difference is so perceptible on trial as to render any further comment unnecessary.

GREEN TEAS.

NOTE.—*Genuine* Gunpowder and Imperial Teas cannot be sold at a lower price than \$1 per pound, as they cost nearly that money in China. T. F. Davis, Esq., in his interesting work on China, details the manner in which he saw the lowest grades of Black Teas, manufactured and colored with Prussian Blue so as to closely imitate Gunpowder and Imperial Teas; and adds that Prussian Blue being a combination of Prussic Acid with Iron, is of course a dangerous poison. Let purchasers therefore beware of adulterated teas, and deal with those venders whose characters and resources raise them above suspicion. The genuine article of Gunpowder and Imperial tea wears a bright light and silvery color, but the spurious or poisonous kind is of a dark and deep green color.



## RECOMMENDATIONS.

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THE PEKIN TEA COMPANY.—We very cheerfully call the attention of all lovers of pure and fragrant *Teas*, both in town and country, to the great Tea warehouse of this Company. Our long acquaintance with the proprietors enables us to bespeak for them the entire confidence of the public. We *know* that their *Teas*, both in quality and price, are all that is stated of them. Many a lover of the fragrant herb has been compelled to eschew the drinking of Tea in consequence of its injurious effects, until at length he has become hopeless of finding, among any of the imported varieties of Tea in our market, a kind which had not such an effect. In this, however, such persons will be agreeably disappointed. The Pekin Company have commenced the importation of choice varieties of Garden *Teas*, of most delicious flavor—cultivated and picked with great care, which have heretofore never been introduced into this country, except as presents to importers. Among these they have an *Oolong*, mild as a zephyr, and fragrant as a rose, which we specially recommend to all nervous persons. Its *effect* upon many of those who have tried it, has been to make them confirmed tea-drinkers. Ladies who have used it say, they never before drank such Tea. But all tastes can here be suited, with the great advantage over other stores of getting a pure article at wholesale price, however small the quantity. The Company's Warehouse is at No. 75 Fulton street.—*New World*.

THE PEKIN TEA COMPANY, 75 Fulton street, are performing a great and good work, and will, in a few years, beyond all doubt, drive all the poor teas, which have deluged this country, and defrauded consumers of the article, out of the market. They import none but pure and fragrant teas, and retail them by the single pound at wholesale prices. Fami-

lies are always sure of obtaining good teas at this great tea warehouse, in quantities to suit their convenience, and at the same price that the merchant pays who buys to sell again.  
—*Daily True Sun.*

You may be sure of obtaining, at all times, pure and highly flavored teas, by the single pound, at wholesale prices, of the Pekin Tea Company, 75 Fulton street. They have probably the largest stock and the greatest variety of fine green and black teas of any one establishment in the United States. They are doing a large business, and a great benefit to consumers of tea.—*Atlas.*

Heretofore it has been very difficult, indeed impossible, to always obtain good green and black teas. But now, you have only to visit the ware-rooms of the Pekin Tea Company, 75 Fulton street, to obtain as delicious and fragrant tea as you could wish for.—*Daily Sun.*

If any of our readers really desire to have good tea, they can obtain it of the Pekin Tea Company, 75 Fulton street.—*Mercury.*

A WORD TO TEA DRINKERS.—The Pekin Tea Company, 75 Fulton street, have imported into this market some five hundred thousand dollars worth of the finest grades of Green and Black Teas, grown in the Celestial Empire, done up in all the various fancy packages that Chinese ingenuity can invent. It is a privilege to buy teas at this great establishment, and a luxury and a comfort to drink them. They sell good teas only, and retail them at wholesale prices. Country merchants who wish to always sell good teas, can *always* obtain them at this place on reasonable terms.—*Emporium.*

We drink Green Tea, and have for many years been paying one dollar per pound for it. But thanks to the Pekin Tea Company, we now get a better tea from them at 75 cents per pound. We drink one pound per week by which we are now saving thirteen dollars per year, and enjoying better tea in the bargain. Commend us to the Pekin Tea Company say we.  
—*Mirror.*